



MECKLENBURG COUNTY
Health Department

Marcus Plescia, MD, MPH
Health Director

(704) 336-4700

February 24, 2016

Metro School
405 S Davidson St
Charlotte NC 28202

Dear Parent/Staff:

We have been notified of several students and teachers who exhibit symptoms of nausea and vomiting suggestive of Norovirus. Norovirus is a very contagious virus. You can get norovirus from an infected person, contaminated food or water, or by touching contaminated surfaces. The virus causes your stomach or intestines or both to get inflamed (acute gastroenteritis). This leads you to have stomach pain, nausea, and diarrhea and to throw up. Some people may also have fever, headaches and body aches. You are most contagious when you are sick with norovirus illness, and during the first 3 days after you recover from norovirus illness.

Norovirus can spread quickly in closed places like daycare centers, nursing homes, schools, and cruise ships. Most norovirus outbreaks happen from November to April in the United States. There is no specific medicine to treat people with norovirus illness. Norovirus infection cannot be treated with antibiotics because it is a viral (not a bacterial) infection.

If you have norovirus illness, you should drink plenty of liquids to replace fluid lost from throwing up and diarrhea. This will help prevent dehydration. Sports drinks and other drinks without caffeine or alcohol can help with mild dehydration. But, these drinks may not replace important nutrients and minerals. Oral rehydration fluids that you can get over the counter are most helpful for mild dehydration.

Practice proper hand hygiene to help prevent transmission of this virus. Wash your hands carefully with soap and water, especially after using the toilet and changing diapers and always before eating, preparing, or handling food. Alcohol-based hand sanitizers may not be effective against norovirus. People with illness consistent with norovirus should stay out of work or school until 48 hours after symptoms have resolved.

For further information or questions contact Beth Quinn, RN at 704.336.5398.

Sincerely,

Stephen R. Keener, M.D., M.P.H.
Medical Director

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